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MY DU'Â BOK



Selected supplications (Du'â') for every child according to the Qur'ân and the Sunnah.

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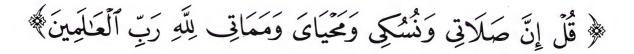
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"Say: Verily, my prayer, my sacrifice, my living, and my dying are for Allâh, the Lord of the 'Âlamîn (mankind, jinn and all that exists)." (6: 162)

When I start to do something, I say...

بِسْمِ اللهِ BISMILLÂH"

In the Name of Allâh.

When I see a Muslim, I say...

السَّلامُ عَلَيْكُمْ

"As-salâmu 'alaykum"

May Allâh's Peace be upon you.

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When I plan anything for the future I say...

إِنْ شَاءَ اللهُ اللهُ

"IN SHÂ' ALLÂH"

If Allâh wills.

The greatest words for me to say are...

لَا إِلَهَ إِلَّا اللهُ مُحَمَّدٌ رَّسُولُ اللهِ

"Lâ 'ilâha 'illallâhu Muhammadur-Rasûlullâh"

None has the right to be worshipped except Allâh and Muhammad is the Messenger of Allâh.

When the name of our Prophet Muhammad is mentioned, I say...

صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ
"SALLALLAHU
'ALAYHI WA
SALLAM"

May the Peace and Blessing of Allâh be upon Him.

When I go out from my home, I say...

بِسْمِ اللهِ تَوَكَّلْتُ عَلَى اللهِ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللهِ

"Bismillâhi tawakkaltu 'alal-lâhi wa lâ hawla wa lâ quwwata 'illa billâh"

In the Name of Allâh, I trust in Allâh and there is no strength nor power except with Allâh.

When I enter my home, I say...

بِسْمِ اللهِ وَلَجْنَا، وَبِسْمِ اللهِ خَرَجْنَا وَعَلَى رَبِّنَا تَوَكَّلْنَا "Bismillâhi walajnâ wa bismillâhi kharajnâ wa 'alâ Rabbinâ tawakkalnâ"

In the Name of Allâh we enter, and in the Name of Allâh we leave, and we trust in Our Lord.

When someone does something good for me, I say...

جَزَاكَ اللهُ خَيْرًا

"JAZÂKALLÂHU KHAYRA"

May Allâh give you a better reward.

When I see something that pleases me, I say...

مَا شَاءَ اللهُ لَا قُوَّةَ إِلَّا بِاللهِ

"MÂ SHÂ' ALLÂH LÂ QUWWATA 'ILLÂ BILLÂH"

This is what Allâh has willed, there is no power except with Allâh.

When I sneeze, I say...

الْحَمْدُ للهِ

"Alhamdu Lillâh"

All Praise be to Allâh.

And in reply, you say...

يَرْحَمُكَ اللهُ

"Yarhamukallâh"

May Allâh bestow His Mercy on you.

And then, I say...

يَهْدِيكُمُ اللهُ وَيُصْلِحُ بَالَكُمْ

"Yahdeekumullâhu wa yuslihu bâlakum"

May Allâh guide you and set right all your affairs.

When I eat with another person, I say...

اللَّهُمَّ أَطْعِمْ مَنْ أَطْعَمَنِي وَاسْقِ مَنْ سَقَانِي

"Allâhumma 'At'im man 'At'amanee wasqi man saqânee"

O Allâh, feed him who fed me and give him drink who gave me drink.

When I finish my meal, I say...

الْحَمْدُ للهِ الَّذِي أَطْعَمَنِي هٰذَا وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

"Alhamdu lillâhil-ladhî 'At'amanee hâdha wa razaqaneehi min ghayri hawlimminnî wa lâ quwwatin"

All praise be to Allâh who fed me this and provided me with it, without any strength or power from me.

After hearing the 'Adhân in the morning and evening, I say...

رَضِيتُ بِاللهِ رَبًّا وَبِالْإِسلامِ دِينًا وَبِمُحَمَّدٍ عَلَيْهُ نَبِيًّا

"Radeetu billâhi Rabban wa bil-Islami deenan wa bimuhammadin sallallâhu 'alayhi wa sallama Nabiyyan"

I am pleased with Allâh as the Lord and Islam as the religion and Muhammad **#** as the Prophet.

When I get up from a meeting, I say...

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ

أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ

"Subhânaka Allâhumma wa bihamdika 'ashhadu 'an lâ 'ilâha 'illâ 'Anta, 'astaghfiruka wa 'atûbu 'ilayk"

O Allâh! Glory is for you and Praise is for You, I testify that none has the right to be worshipped except You, I ask your forgiveness and I repent unto You.

When I break my fast in Ramadân, I say...

ذَهَبَ الظَّمَأُ وابْتَلَّتِ الْعُرُوقُ وَثَبَتَ الْأَجْرُ إِنْ شَاءَاللهُ

"Dhahabaz-Zama'u wabtallatil-'urooqu wa thabatal-'ajru 'in shâ' Allâh"

The thirst has gone and the veins are moistened and the reward is established, if Allâh wills.

When I enter the toilet, I say...

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ "Allahumma 'innî 'a'ûdhu bika minal khubuthi walkhabâ'ith"

O Allâh, I seek protection in you from unclean spirits, male and female.

When I come out of the toilet, I say...

غُفْرَانَكَ

"Ghufrânaka"

I ask your forgiveness.

When I enter the mosque, I say...

بِسْمِ اللهِ وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللهِ اللَّهُمَّ افْتَحْ لِي أَبُوابَ رَحْمَتِكَ

"BISMILLÂHI
WAS-SALÂTU
WAS-SALÂMU
'ALÂ RASÛLILLÂH,
ALLÂHUMMAFTAH LÎ
'ABWÂBA RAHMATIK''

In the Name of Allâh and Peace and Blessing be upon the Messenger of Allâh, O Allâh! Open for me the gates of your Mercy.

When I step out of the mosque, I say...

بِسْمِ اللهِ وَالصَّلاَةُ وَالسَّلامُ عَلَى رَسُولِ اللهِ اللَّهُمَّ إِنِّي أَسْئَلُكَ مِنْ فَضْلِكَ

"BISMILLÂHI
WAS-SALÂTU
WAS-SALÂMU
'ALÂ RASÛLILLÂH,
ALLÂHUMMA'INNÎ
'AS'ALUKA MIN FADLIK"

In the Name of Allâh and Peace and Blessing be upon the Messenger of Allâh, O Allâh! I ask for your favor from you.

When any affliction happens to me, I say...

إِنَّا للهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

"Innâ lillâhi wa 'innâ 'ilayhi râji'ûn"

Truly, to Allâh we belong and truly to Him we shall return.

When I find anyone in affliction, I say...

الْحَمْدُ للهِ الَّذِي عَافَانِي مِمَّا ابْتَلَاكَ بِهِ وَفَضَّلَنِي عَلَى كَثِيرِ مِمَّنْ خَلَقَ تَفْضِيلًا

"Alhamdu lillâhil-ladhî 'Âfânî mimmab-talâka bihi wa faddalanî 'alâ kathîrim-mimman khalaqa tafdeelâ"

All praise is for Allâh, Who saved me from what he has afflicted you with and favored me more than many others He created.

When I visit a sick person, I say...

ألا بَأْسَ طَهُورٌ إِنْ شَاءَ اللهُ اللهُ

Don't worry it is for Purification* if Allâh wills.

* This purification is referring to the purification of sins.

Prophet Muhammad # taught us that any pain that a Muslim suffers results in forgiveness of his sins. This forgiveness in itself is a type of purification.

When I face an enemy, I say ...

حَسْبُنَا اللهُ وَنِعْمَ الْوَكِيلُ

"Hasbunal-lâhu Wa Ni'mal-Wakîl"

Allâh is sufficient for us and He is the best disposer of affairs.



When I am angry, I say...

أَعُوذُ بِاللهِ مِنَ الشَّيْطَانِ الرَّجِيم

"'A'ûdhu billâhi minash-Shaytânir-Rajîm"

I seek refuge with Allâh from Satan, the cursed one.

When I enter a Muslim graveyard, I say...

السَّلَامُ عَلَى أَهْلِ الدِّيَارِ مِنَ الْمُؤْمِنِينَ وَالْمُسْلِمِينَ، وَالْمُسْلِمِينَ، وَإِنَّا إِنْ شَاءَ اللهُ بِكُمْ لَلَاحِقُونَ

Peace be upon the people of this abode, from among the believers and those who have submitted and if Allâh wills, we will also join you. When I intend to sleep, I say...

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

"Bismika Allâhumma 'amûtu wa 'ahyâ"

By your Name, O Allâh, I die and live.

When I wake up from the sleep, I say...

الْحَمْدُ للهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

"Alhamdu lillâhil-ladhî 'ahyânâ ba'da mâ 'amâtanâ wa 'ilayhin-nushûr"

All praise be to Allâh who revived us to life after giving us death and to Him we shall return.

